

2022 年 6 月

2022 年 6 月	2
	2
	2
2022 年 9 月	3
2022 年 12 月	4
	4
	4
	5
2023 年 3 月	6
2023 年 6 月	7
	7
	7
	8
	9

2022 □ 6 □

□□□

If you've ever looked at the ingredients list while grocery shopping, chances are you've seen the term "natural flavors". But have you taken a __26__ to consider what these natural flavors actually are?

Most of us might think that "natural flavors" are, well, naturally good for us. A recent study in the journal *Appetite* found that when the word "natural" appears on packaging, people __27__ that the food within is indeed healthier. In truth, natural flavors do not __28__ much, at least chemically speaking, from their flavor-boosting __29__: artificial flavors. Both can be made in a lab by trained flavorists, but artificial flavors use chemicals to give a product a __30__ smell or taste.

Natural flavors come from plant or animal __31__, like fruit, vegetable, meat, fish or milk that is then processed or refined in some way. In short, natural flavors are __32__ from plants and animals to create specific flavors for processed foods. But that doesn't __33__ make it easier to tell what's really in your food. Because the Food and Drug Administration (FDA) has not __34__ the term, companies can use it to refer to pretty much anything derived from a plant or animal. And natural flavors can also include a variety of chemical additives, such as preservatives. The FDA doesn't require companies to reveal what additional chemicals a specific item __35__. So if you want to know for certain what you're getting with your groceries, you might want to stick to the farmer's market.

- | | | |
|-----------------|----------------|---------------|
| A. acknowledge | F. differ | K. particular |
| B. chance | G. especially | L. perceive |
| C. contains | H. extracted | M. second |
| D. counterparts | I. implies | N. sources |
| E. defined | J. necessarily | O. strange |

□□□

You might think of your teeth as tools, like built-in knives and forks. But if they are mere tools, why do teeth feel pain and wouldn't it be better if they

could just __26__ under any conditions? In spite of our __27__ discomfort, it turns out there's a good reason our teeth are so sensitive. Tooth pain is a __28__ mechanism that ensures when a tooth is being damaged, we'll notice and do something about it.

If you eat something too hot or too cold, or if the tooth is worn down enough where the tissue __29__ is exposed, all of those things cause pain, and then the pain causes the person not to use that tooth to try to protect it a little bit more. So it's really a protective mechanism more than anything else. If teeth didn't feel pain, we might __30__ to use them in situations that damage them. And for humans, damaging __31__ teeth is a problem because, unlike crocodiles, we can't __32__ them.

Teeth have three layers, only one of which - the innermost layer of the tooth hurt, as that layer of the tooth __33__ both blood vessels and nerves. Pain is the only feeling to which the nerves in that layer respond. Whereas people with tooth sensitivity may complain, for example, of tooth pain __34__ by heat or cold, the nerves in the inner layer don't sense temperature. Rather, they feel pain, which may be __35__ with, say, drinking something very cold.

- | | | |
|---------------|--------------|---------------|
| A. adult | F. defense | K. mammal |
| B. associated | G. dental | L. replace |
| C. chew | H. downward | M. swallow |
| D. contains | I. emotional | N. triggered |
| E. continue | J. implies | O. underneath |

2022 □ 9 □□□□□□

Public perception of success in the U.S. might be totally misguided. While 92% of people believe others care most about fame and __26__, fewer than 10% factor those qualities into their own success. This is according to the newly __27__ study by Harvard Graduate School of Education professor Todd Smith. Smith says he was __28__ by how past studies on success "assumed what people will care about." In this study, his team "went the __29__ direction" by spending years carrying out individual interviews and group surveys to see what people really talk about when they talk about success.

As a scientist, Smith __30__ studied individuality for a living, and even he was surprised to find younger respondents cared more about having a __31__ in life. Those between the ages of 18 and 34 prioritized it most, and that prioritization dropped off as respondent's ages went up. Perhaps this is because older people had fewer options when they were starting their careers, at a time when values focused more on stable incomes than __32__ personal missions.

Other trends included an emphasis on the importance of parenting. Being

a parent __33__ very high across the priorities of all study participants. Ultimately, Smith hopes institutions will take note of these insights __34__.

Higher education institutions tend to focus on preparing students for high-paying jobs. For such institutions, from universities to workplaces, to better __35__ people in the U.S., they'll need to understand "what the American public highly prioritizes," Smith says.

A. accommodate

F. fulfilling

K. purpose

B. accordingly

G. identify

L. ranked

C. acquiring

H. literally

M. released

D. bothered

I. opposite

N. similarity

E. fortune

J. profession

O. wrong

2022 □ 12 □

□□□

Parenting brings fathers more joy than it does mothers, according to a new study. The research examined three studies __26__ more than 18,000 participants. Across all three, parenthood was __27__ with more positive well-being outcomes for dads than for mums.

So why are fathers happier than mothers? "Fathers may fare better than mothers in part due to how they spend time with their children," said lead author Katherine Nelson Coffey. In one study, the authors __28__ that dads were more likely to take "playing" as an __29__ activity both when caring for their kids and spending time with their kids. "Playing with their children likely offers parents opportunities to experience positive feelings and __30__ closeness with their children," they say.

Fathers also did better than men without kids, reporting greater happiness, life satisfaction, and fewer __31__ symptoms. They also reported greater connectedness and autonomy(□□). For mums, __32__, compared to women without children, the results weren't quite as positive. Mums reported greater autonomy, but also "greater trouble" and fewer positive __33__.

Mums reported happier moods while interacting with their kids, compared to other experiences, but not while engaging __34__ in childcare. "This difference suggests that how mothers and fathers spend time with their children might have important __35__ for their well-being," the authors write. They suspect that mums may be less happy than dads because they're more likely to have higher expectations about parenthood. As such, they're more likely to be "let down" by the experience.

- | | | |
|---------------|-----------------|----------------|
| A. additional | F. directly | K. involving |
| B. associated | G. emotions | L. note |
| C. composing | H. however | M. precisely |
| D. cultivate | I. implications | N. superficial |
| E. depressive | J. interfered | O. therefore |

□□□

Researchers, writing in the journal *Heart*, pooled data from 23 studies and found that social isolation or feelings of loneliness were tied to an increased risk of coronary heart disease(□□□) and strokes.

The studies included data from 181,006 men and women ages 18 and over. There were 4,628 coronary events and 3,002 strokes in follow-up periods __26__ from three to 21 years. Three of the papers __27__ loneliness, 18 looked at social isolation and two included both. Social isolation and loneliness were determined with questionnaires; the researchers depended on medical records and death __28__ for determining coronary events and strokes.

The scientists found that loneliness and social isolation increased the __29__ risk of having a heart attack or a death from heart disease by 29 percent, and the risk of stroke by 32 percent. There were no __30__ between men and women.

"People have tended to focus from a policy point of view on __31__ lonely people to make them more __32__," said the lead author, Nicole K. Valtorta, a research fellow at the University of York in England. "Our study __33__ that if this is a risk factor, then we should be trying to prevent the risk factor in the first place."

The authors __34__ that this was a review of observational studies and did not __35__ cause and effect.

- | | | |
|-----------------|--------------|---------------|
| A. acknowledged | F. establish | K. produces |
| B. certificates | G. formats | L. ranging |
| C. connected | H. measured | M. relative |
| D. demonstrates | I. narrow | N. submitting |
| E. differences | J. permanent | O. targeting |

□□□

Phones influence all aspects of teenage life. Ninety-five percent of Americans ages 13 to 17 have a smartphone or have access to one, and nearly half report using the internet "almost __26__."

But as recent survey data and interviews have suggested, many teens find much of that time to be unsatisfyingly spent. Continuous __27__ shouldn't be mistaken for endless enjoyment. A new __28__ representative survey about "screen time and device distractions" from the Pew Research Center indicates that it's not just parents who think teenagers are worryingly __29__ from their phones - many teens themselves do too. Fifty-four percent of the 13-to-17-

year-olds surveyed said they spend too much time __30__ in their phones.

Vicky Rideout, who runs a research firm that studies children's interactions with media and technology, was not surprised by this finding. She says it's hardly __31__ to teenagers. "They are dealing with the same challenges that adults are, as far as they are living in the __32__ of a tech environment designed to suck as much of their time onto their devices as possible," Rideout says.

The way parents interact with technology can __33__ the way they interact with their kids. Rideout thus thinks it's up to parents to model good __34__: Kids tend to take note if their parents put their phone away at dinner or charge it in another room while they sleep. Witnessing habits like that can help kids "realize that they can __35__ some more control over their devices," she says.

A. absorbed

F. exercise

K. solution

B. addicted

G. inseparable

L. specific

C. behavior

H. nationally

M. summary

D. constantly

I. recruited

N. usage

E. context

J. shape

O. vaguely

2023 □ 3 □

It's a fantasy that goes back centuries: a message in a bottle, carried ashore from far-off lands. Authors, artists and children __26__ have dreamed of such a gift from the sea.

This time, though, it's not a bottle that washes ashore. It's eggs - thousands of little toy eggs.

That's what happened on the German island of Langeoog this week.

Lying just off the North Sea coast, it found itself __27__ by an invasion of colored plastic eggs - much to the __28__ of local children, because the eggs contained toys.

Police __29__ the eggs came from a freighter that lost part of its cargo during an unusually __30__ storm, the worst to hit Germany's northeastern coast since 2006.

At any rate, what was lost has now been found by many of the community's littlest residents.

"The surprise eggs have found their way to freedom," said Mayor Uwe Garrels. However, the joy of the moment __31__ off soon.

"At first I thought this was a wonder, because everything was so __32__, but then we realized that this is a huge __33__ in the end," said the mayor. He also noted the plastic bags and other materials that have washed ashore on the island can cause serious problems for __34__.

Still, all these little eggs contained an extra treat with their toys. They
__35__ notes from afar.

There was just one problem for the German children who received them:
They were written in Russia.

A. wore

B. wildlife

C. suspect

D. struck

E. similar

F. quantity

G. overthrown

H. mess

I. intense

J. human

K. effective

L. delight

M. colorful

N. bore

O. alike

2023 年 6 月

□□□

- A.
- B.
- C.
- D.
- E.
- F.
- G.
- H.
- I.
- J.
- K.
- L.
- M.
- N.
- O.

□□□

- A.
- B.
- C.
- D.
- E.
- F.
- G.
- H.
- I.
- J.
- K.

L.
M.
N.
O.

□□□

A.
B.
C.
D.
E.
F.
G.
H.
I.
J.
K.
L.
M.
N.
O.

□□

2022 □ 6 □

□□□ 26-30 MLFDK 31-35 NHJEC

□□□ 26-30 CGFOE 31-35 ALDNB

2022 □ 9 □□□□□□□ 26-30 EMDIH 31-35 KFLBA

2022 □ 12 □

□□□ 26-30 KBLAD 31-35 EHGFI

□□□ 26-30 LHBME 31-35 OCDAF

□□□ 26-30 DNHGA 31-35 LEJCF

2023 □ 3 □ 26-30 ODLCI 31-35 AMHBN

2023 □ 6 □

□□□ 26-30 31-35

□□□ 26-30 31-35

□□□ 26-30 31-35